



Reflective Reading

Books Focusing on Inspiration, Self-Improvement, Social/Emotional Growth

7 Habits of Highly Effective People by Stephen Covey

Atomic Habits by James Clear

Be 1% Better by Ron Clark

Becoming by Michelle O'Bama

Being Mortal: Medicine and What Matters in the End by Atul Gawande

The Best Minds by Jonathan Rosen

Between the World and Me by Ta-Nehisi Coates

The Body: A Guide for Occupants by Bill Bryson

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel van der Kolk

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris

Drive: The Surprising Truth About What Motivates Us by Daniel H. Pink

Educated: A Memoir - Tara Westover

Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance by Alex Hutchinson

Essential Wooden : A Lifetime of Lessons on Leaders and Leadership - John Wooden & Steve Jamison

The Garden Within by Dr. SNita Phillips & Sarah Jakes Roberts

The Glass Castle: A Memoir by Jeanette Wall

Good Energy by Casey Means, MD

Grit: The Power of Passion and Perseverance by Angela Duckworth

Grow: Tending to the Hearts and Minds of Children Through Mindfulness by Julie Srittmeyer, Melissa Hyde and Molly Schreiber

The Happiness Project by Gretchen Rubin

Healthy Teachers, Happy Classrooms by Marcia L. Tate

House of Glass by Hadley Freeman

How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen by David Brooks

How to Love Teaching Again by Jamie Sears

I am Malala by Malala Yousafzai, Christina Lamb

Shouldn't Feel This Way by Alison Cook, PhD

I'm Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown

Let Your Mind Run: A Memoir of Thinking My Way to Victory by Deena Ka3stor and Michelle Hamilton

The Light We Carry by Michelle Obama

The Limitless Mind: Learn, Lead, and Live Without Barriers by Jo Boaler

Maybe You Should Talk to Someone by Lori Gottlieb

Lucky Me: A Memoir of Changing the Odds by Rich Paul (foreword by LeBron James)

Mindfulness for Teachers by Patricia Jennings

Mindset by Carol S. Dweck

The Newcomers: Finding Refuge, Friendship, and Hope in America by Helen Thorpe

Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar,

Outliers, The by Malcolm Gladwell

Practicing Presence: Simple Self-Care Strategies for Teachers by Lisa J. Lucas

The Small and the Mighty by Sharon McMahon

Stop Overthinking by Nick Trenton

The Teachers: A Year Inside America's Most Vulnerable, Important Profession by Alexandra Robbins

Unbroken by Laura Hildebrand

What Happened to You? by Oprah Winfrey and Bruce Perry

White Fragility: Why It's so Hard for White People To Talk About Racism by Robin DiAngelo

Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed

The Wild Card: 7 Steps to an Educator's Creative Breakthrough by Wade King and Hope King

The Worlds I See: Curiosity, Exploration, and Discovery at the Dawn of AI by Fei-Fei Li